

# Cooking Rice - USDA Recipe B30

Meal Components: Grains

B03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium vegetable broth		3 qt		1 gal 2 qt	1. Boil broth.
Water		3 qt		1 gal 2 qt	
Salt		2 tsp		1 Tbsp 1 tsp	2. Add salt and garlic.
Garlic, minced		1/4 cup		1/2 cup	
Brown rice, long-grain, regular, dry, parboiled	3 lb 10 oz	2 qt 1 cup	7 lb 4 oz	1 gal 2 cups	3. Place 1 qt 1/2 cup brown rice (1 lb 13 oz) in each steam table pan (12" x 20" x 2 1/2").
Brown rice, medium-grain, regular, dry	3 lb 12 oz	2 qt	7 lb 8 oz	1 gal	
Brown rice, long-grain, regular, dry	3 lb 6 oz	2 qt 1/4 cup	6 lb 12 oz	1 gal 1/2 cup	4. Pour boiling broth (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.  5. Bake:  6. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.

8. Critical Control Point: Hold for hot service at 135 °F or higher.
9. Portion with No. 8 scoop (1/2 cup).

Variation: Fresh cilantro, finely chopped	2 oz	3 1/2 cups	4 oz	1 qt 3 cups	10. Variation: Fold in cilantro. Squeeze fresh limes over rice, using 2 per pan. Stir well. Serve immediately.
Fresh limes, cut in half		4 each		8 each	
Variation: Ground turmeric		1 Tbsp 1 tsp		2 Tbsp 2 tsp	11. Variation: Add turmeric to step 2.

Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Serving**

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 serving grains/breads.

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 8 lb 4 oz  <b>100 Servings:</b> about 16 lb 8 oz	<b>50 Servings:</b> about 1 gallon 1/2 cup / 2 steam table pans (12" x 20" x 2 1/2")  <b>100 Servings:</b> about 2 gallons 1 cup / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	125	Saturated Fat	Iron	2 mg	
Protein	4 g	Cholesterol	Calcium	30 mg	
Carbohydrate	30 g	Vitamin A	Sodium	133 mg	
Total Fat	1 g	Vitamin C	Dietary Fiber	3 g	